

How to Use Your Spiriva Handihaler (tiotropium)



What is my prescription?	Special Instructions

What can I expect while I take this medication?

Spiriva Handihaler is a long-acting anti-cholinergic that relaxes and opens your airways.

Spiriva Handihaler will not provide relief at once, but you can expect to breathe easier.

How do I use my Spiriva Handihaler?

1. Open the lid by pressing the green button & pull lid back. You will see the white mouthpiece.
2. Open the mouthpiece by pulling the mouthpiece ridge up. You will see a clear chamber.
3. Open a capsule, put the capsule in the chamber (Do not swallow the capsule) Close the mouthpiece firmly until you hear a click.
4. Holding the **Spiriva Handihaler** upwards, press the green button firmly. Then let go of the button.

5. Turn your head away from the inhaler and breathe out fully.
6. Put the **Spiriva Handihaler** in your mouth; do not block the mouthpiece with your teeth or tongue.
7. breathe in as steadily and deeply as you can.
8. You should hear or feel the capsule vibrate (rattle).
9. Remove the inhaler from your mouth while holding your breath for 5-10 seconds. Do not breathe out into the inhaler.
10. Wait 30 seconds and repeat steps 5-8 using the capsule that you already put in the chamber.
11. To take your full daily dose, you **must** use your inhaler twice from the same Spiriva capsule.
12. Remove capsule from chamber and throw away.

- To view a video demonstration of your inhaler visit:
<https://www.spiriva.com>
- To view more information about your health condition visit:
<http://www.med.umich.edu/careguides>.

Do not use Spiriva to treat sudden symptoms of your health condition. Always carry a rescue inhaler with you.

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